

# OC CON

**Super Hero  
1 Mile Run &  
Obstacle Dash**

**Saturday, April 6  
2019**

**Ocean City Carey Stadium**



[www.ocnj.us](http://www.ocnj.us)  
[www.oceancitylibrary.org](http://www.oceancitylibrary.org)



**Day of Registration & Check in**  
**1 Mile: 9:00 - 9:45am**  
**Kids Super Hero**  
**Obstacle Dash: 10:15 - 10:45am**

**Ocean City Carey Stadium &  
Sports & Civic Center**  
**6th & Boardwalk**  
**Ocean City, NJ 08226**

**Phone: 609-399-6111**  
**E-mail: [lrumer@ocnj.us](mailto:lrumer@ocnj.us)**  
**[www.ocnjcon.com](http://www.ocnjcon.com)**

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: M or F Birthday \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

E-mail: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

As a participant in the program, I recognize and acknowledge that there are certain risks of physical injury and I agree to assume the full risk of any injuries, damages or loss which I may sustain as a result of participating in any and all activities connected with or associated with such program. I agree to waive and relinquish all claims I may have as a result of participating in the event against the City and its officers, agents, servants and employees. I do hereby fully release and discharge the City and its officers, agents, servants and employees from any claims from injuries, damage or loss which I may have or which may accrue to me arising out of, connected with, or in any way associated with the activities of the event. I further agree to indemnify and hold harmless and defend the City and its officers, agents, servants and employees from any and all claims resulting from injuries, damages and losses sustained by me arising out of, connected with, or in any way associated with the activities of the event. I have read and fully understand the above Event Details, Waiver and Release of all claims and permission to Secure Treatment.

Name (Please print) \_\_\_\_\_

Signature \_\_\_\_\_  
(Parent/Guardian if under 18)

Date \_\_\_\_\_

Shirt Size: \_\_\_\_\_ Youth or Adult

**April 6, 2019**

**OC CON SUPER HERO - 10:00AM**

1 MILE RUN - Run Super Fast! Dress Super Fantastic! Or stroll!  
(On the Carey Stadium Track)

\$15 - (Includes Race Shirt and OC Con Show admission)

**\$20** - Race Day 4/6/19

\$10 - 12 yrs & Under - (Includes OC CON Super Hero T-Shirt and OC Con Admission)

**SUPER HERO DASH - 11:00AM**

Show off your Superhero skills.  
Dash! Fly! Jump! To rescue everyone from the evil villain!  
(On Carey Stadium Field)

\$10 - 12 yrs & Under - (Includes OC CON Super Hero T-Shirt and OC Con Admission)

Online Sign-up

[www.ocnj.us/race-events](http://www.ocnj.us/race-events)

Checks made out to: OC Recreation Trust

Mail in Entry Forms to:

OC Aquatic & Fitness Center

1735 Simpson Ave

Ocean City, NJ 08226

**Super Hero Stations/Obstacles**

**Skyscraper Jump**

**Fire Flame Leap**

**Save a Life...Pull someone/something to safety**

**Sand Mountain Climb**

**Sewer Tunnel Crawl**

**Super Speed Dash** (run from place to place)

**Super Roll**

**Super Strength "Boulder" Throw**

**Tire Flip** (using inflatable rings)

**Super Balance...run along a rope, board, etc.**

**Over/Under**

1 Mile Run - Top 5 Male and Female Finishers 13 & Over and 12 & under- Top 5 Super Hero costumes.

Prizes: Ocean City Beach Towel & Super Hero Mask Trophy!

Super Hero Dash - All participants receive a Super Finishers Ribbon!!

**OC CON CONVENTION**

**Ocean City Music Pier**

**Saturday, 4/6 - 10AM - 5PM**

**Sunday, 4/7 - 10AM - 4PM**

**Benefits:**

**Ocean City**

**Recreation Scholarships  
& Programs**



**[www.ocnjcon.com](http://www.ocnjcon.com)**